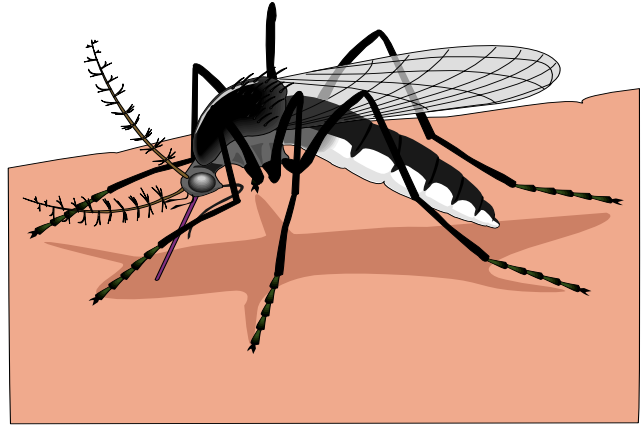


How To Protect Yourself From Mosquitoes



What can be done to reduce the number of mosquitoes around the home?

Mosquito breeding around the home can be reduced significantly by reducing the amount of standing water available for mosquito breeding.

- ❖ Dispose of tin cans, plastic containers, ceramic pots or similar water-holding containers that have accumulated on your property. Do not overlook containers that have become overgrown by aquatic vegetation.
- ❖ Pay special attention to discarded tires that may have accumulated on your property. The used tire has become the most important domestic mosquito producer in this country.
- ❖ Drill holes in the bottom of recycling containers that are left out of doors. Drainage holes that are located on the sides collect enough water for mosquitoes to breed in.
- ❖ Clean clogged roof gutters on an annual basis, particularly if the leaves from surrounding trees have a tendency to plug up the drains. Roof gutters are easily overlooked but can produce millions of mosquitoes each season.
- ❖ Fix any holes in screens and make sure they are tightly attached to all doors and windows. Inspect weather stripping around all doors.
- ❖ Turn over plastic wading pools when not in use. A wading pool becomes a mosquito producer if it is not used on a regular basis.
- ❖ Turn over wheelbarrows and do not allow water to stagnate in birdbaths. Both provide breeding habitat for domestic mosquitoes.
- ❖ Aerate ornamental pools or stock them with fish. Water gardens are fashionable but become major mosquito producers if they are allowed to stagnate. Clean and chlorinate swimming pools that are not being used. A swimming pool left unattended by a family that goes on vacation for a month can produce enough mosquitoes to result in neighborhood-wide complaints. Be aware that mosquitoes may even breed in the water that collects on swimming pool covers.
- ❖ Use landscaping to eliminate standing water that collects on your property. Mosquitos will develop in any puddle that lasts for more than 4 days.

Personal Protective Measures:

- ❖ Avoid outdoor activities at dawn and dusk when mosquitoes are most active. If you must be outdoors, wear long-sleeved shirts, long pants, and use mosquito repellent that contains DEET (N-N-diethyl-metaltolamide) **and follow the directions on the label**. Repellents are NOT recommended for use on infants. Avoid using repellents with DEET concentrations above 10-15% for children and above 30-35% for adults.
- ❖ Cover up the arms and legs of children playing outdoors near swampy areas.
- ❖ When outdoors, cover babies' playpens or carriages with mosquito netting. Don't camp overnight near freshwater swamps where mosquitoes are most active.
- ❖ When camping outdoors in tents in other areas, make sure your tent is equipped with mosquito netting.